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Flowing with the Go

Elena Stowell

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Flowing with the Go

Elena Stowell

Flowing with the Go Elena Stowell
Winner of three awards---a 2012 eLit Award, a 2013 Indie Next Generation Award, and a 2013 Living Now award---"Flowing with the Go-A Jiu-Jitsu Journey of the Soul" is the story of one woman's path through grief. For what seemed like a lifetime and probably was, Elena Stowell wandered aimlessly in a personal prison of self-doubt and lack of purpose after her fifteen-year-old daughter Carly died suddenly before her eyes. By some combination of miracle and necessity, she walked into a Seattle area Brazilian Jiu-Jitsu gym and rolled for the first time in her life. Through that experience and others that followed, Elena discovered the tenets of the martial art form and healing were the same. With a ripping raw honesty and refreshing balance of humor and introspection, Elena’s story reminds us to never stop panning for the gold within ourselves.

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